

# Getting the Balance Right

## 5 Steps to Having It All



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The session provided real life, practical and easy to implement strategies to help you to find a way of living that enables us to do everything we want and need for ourselves, people we love and those we depend on.

We looked at where you are now, where and how you would like to be and how to close the gap to move closer to the way you'd like it.

### **So what does balance mean?**

It looks different for different people and depends on wants, needs, goals and life circumstances. Is it balance for you or integration? People can get caught up thinking that it needs to be a balanced in time- maybe it's a level of satisfaction.

### **Why is balance important?**

There is only one of you!!!

We all experience stress to some degree and it can manifest in many different ailments.

Insomnia, hypertension, substance abuse and heart palpitations are just some of the ways are bodies tell us that we are experiencing long term stress.

Continuing to live in a way which does not integrate personal life and work means living reactively- feeling that life controls you rather than the other way around.

### **How do we achieve balance?**

1/ Whats your current situation now?

What are your priorities now?

What are your values?

2/ What are the other influences?

100 % responsibility of self

Languages/ thinking

Nothing has meaning except the meaning we give it

3/ Whats perfect/ ideal for you?

Imagine what would be an ideal work life balance for you

4/ What needs to change?

Let go of what you can't change and focus on what you can

Set goals-make plans

5/ Strategies to assist

Look after yourself- good food, good rest, good play & exercise

Get familiar with saying no!

Know what you want and be flexible as your needs change

Schedule in time out- holiday, weekend away

Let go of guilt

Time is not the enemy. The key is mind management, not time management,  
Stop procrastinating; DO IT NOW!!